



Bödefelder Hollenlauf/ -Marsch

Bödefeld / 19.05.2012

Detailed evaluation

Schmidt, Sebastian

Club: Team Luftwaffe Köln

Number: 1368

Course: 67.00 km

67 km DUV-DM

Category:

Senioren M35

Total time: 6:38:26

Speed: 10.09 km/h

Running performance: 5:57 min/km

Rank in course/Total: 39 (of 118)

Rank in course/Men: 36 (of 95)

Best time in course: 4:51:45

Rank in category: 3(of 7)

Best time in the category: 4:51:45

Intermediate times

Stage score

Total ranking

| Control | Split km | Split Time | Split min/km | Pos Cat. | Behind Cat. | Stage score | | Total ranking | | | | | | |
|-------------|----------|------------|--------------|----------|-------------|-------------|------------|---------------|------------|--------------|----------|-------------|---------|------------|
| | | | | | | Pos Men | Behind Men | Total km | Total Time | Total min/km | Pos Cat. | Behind Cat. | Pos Men | Behind Men |
| Nasse Wiese | 19.50 | 1:55:19 | 5:54 | 3 | 27:43 | 40 | 29:02 | 19.50 | 1:55:19 | 5:54 | 3 | 27:43 | 82 | |
| Kühude | 20.50 | 1:54:20 | 5:34 | 3 | 26:30 | 36 | 26:30 | 40.00 | 3:49:39 | 5:44 | 3 | 54:13 | 81 | |
| Nasse Wiese | 20.50 | 2:13:02 | 6:29 | 3 | 41:51 | 40 | 2:13:02 | 60.50 | 6:02:41 | 5:59 | 3 | 1:36:04 | 81 | |
| Finish | 6.50 | 35:45 | 5:30 | 3 | 10:37 | 45 | 10:37 | 67.00 | 6:38:26 | 5:56 | 3 | 1:46:41 | 36 | 1:46:41 |